Practice being a success detective! Break into pairs and ask your partner questions that allow her to talk about good things that she's done and successes she's had. Do this for two minutes, then switch.



What kinds of questions does a success detective ask?

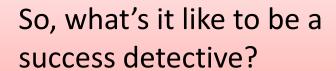
Tell me about a successful conversation/interaction you had with a WIC participant last week.

Imagine your best friend is giving you a toast. What does she say? How were you that person at work last week?

What would your co-workers say is a positive quality you bring to your job? When did you get to use it last week? How did that feel?

How did you really make a difference for one of your WIC participants last week?







Did you notice a change in how you feel after doing the exercise?

Elevated Mood?

More energy?

Did you notice how positive feeling occurs in the person asking the questions as well as in the person who is answering and talking about a success?